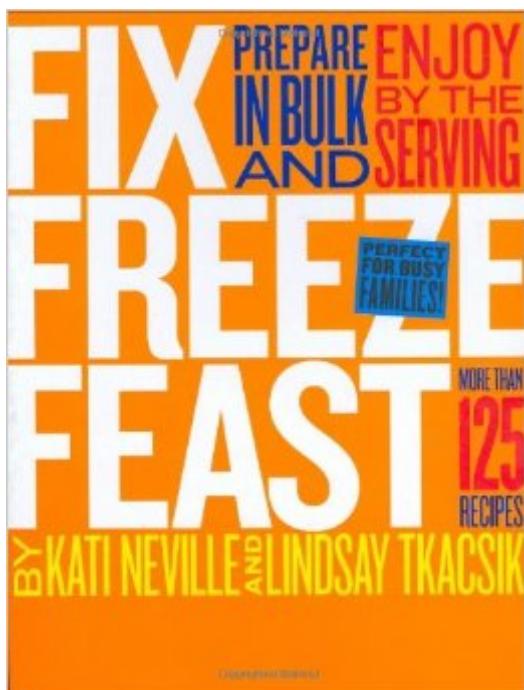


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Fix, Freeze, Feast: Prepare In Bulk And Enjoy By The Serving - More Than 125 Recipes



Synopsis

Buy groceries in bulk, prepare family-friendly dishes, package in meal-sized freezer bags, then stock the freezer with ready-to-defrost-and-serve tasty homemade meals. This is the winning system of Fix, Freeze, Feast, a cookbook that has already attracted an enthusiastic following among busy families. Millions of shoppers save money by buying groceries in bulk - trays of boneless chicken breasts, pairs of flank steaks, flats of ripe tomatoes. But savings can quickly turn to losses if those bulk quantities spoil in the refrigerator or lie forgotten - unlabeled and unrecognizable under layers of ice crystals - in the back of the freezer. In the new paperback edition of Fix, Freeze, Feast, authors Kati Neville and Lindsay Tkacsik offer a complete system for taking full advantage of bulk purchasing and advance preparation to ensure no food is ever wasted. They show how easy it is to get organized, prepare ahead, and be ready to put healthful, satisfying meals on the dinner table (or breakfast table, or even brunch table!) at a moment's notice. Theirs is a cookbook price-conscious shoppers will love and warehouse club members shouldn't be without. Cooks will find 125 delicious, healthful recipes to choose from. Each one includes directions for dividing, preparing, and storing raw ingredients; a second set of simple direction is included for thawing, cooking, and enjoying the food. Designed for the way people cook today, Fix, Freeze, Feast meals are lighter and fresher than traditional bulk-cooking recipes, with a focus on simple stews and stir-fries, quick grilled or broiled main courses, and popular ethnic meals such as Beef Fajitas and Cashew Chicken Stir-Fry. Fix, Freeze, Feast, also includes ready-to-bake cookie doughs, soups, side dishes, smoothies, and snacks. With these innovative techniques and recipes, dinner is always in the freezer!

Book Information

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Customer Reviews

This cookbook is intended to mimic those places you go to and assemble your meals then take home to freeze. This cookbook is a little different in that I think it's geared more for those who want to swap meals with other families. Their intended assembly method is what they call the "tray" method, where you purchase a large tray of meat at a warehouse club and then come home and assemble 3 like meals out of it. You cannot make less than 3 meals, the ingredients are geared to be mixed together and then distributed among 3 freezer bags. I suppose there are a few recipes where you could in your head divide all the spices and mix-ins by 3 and then just make one freezer bag but if you make a mistake there's no correcting it. I'm not sure my family would want to eat tequila lime chicken 3 times in a month but if you menu planned far enough in advance I guess you could have it once a month over the next 3 months. What I think is fantastic about this cookbook is that you could find, for example, 2 other families (whether relatives or neighbors) and then you each make a recipe from the cookbook and swap meals with each other. That way you're getting 3 different meals and only assembling 3 of the same meal. That for me was the best part of the cookbook. It would also be perfect if you were providing meals for someone else. You could easily assemble and give to elderly parents, shut-ins, sick friends or relatives, new moms, etc and all they'd have to do is cook it. While that would take some work on their part sometimes it's the prep work and assembly that prevents seniors from cooking not the actual cooking itself. I know my senior mother has a hard time reading small print to see if it's 1/4 tsp or 1/8, etc. Also, chopping hurts her hands.

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